

HAND WASHING GUIDELINES*

Wash your hands:

Before:

- Touching your hand to your mouth including:
 - Eating and drinking,
 - Smoking, and
 - Brushing your teeth.
- Helping a sick person.

After:

- Going to the bathroom,
- Changing diapers,
- Touching high-hand contact surfaces, such as:
 - Door knobs
 - Railings
- Helping a sick person,
- Handling potentially soiled clothes and bed linens, and
- Blowing your nose.

HOW TO WASH YOUR HANDS

1. Wet your hands with warm water,
2. Apply a generous amount of soap,
3. Rub hands together for 20 seconds
4. Rinse hands,
5. Dry hands with a paper towel, and
6. Use the paper towel to turn off the faucet and open the door.

Adapted from <http://www.cdc.gov/nceh/vsp/pub/Handwashing/HandwashingTips.htm>
http://www.cdc.gov/nceh/vsp/cruiselines/hand_hygiene_general.htm

***These are interim guidelines that may be revised.**